



“The Great Outdoors” October Challenge

**Accumulate 50 points to earn
5 HealthQuest credits.**

October 3 - 28, 2016

We challenge you to take part in “The Great Outdoors” October Challenge to get outside and get active! From the start, parks were created to serve the people – to give them a place to appreciate nature, exercise, socialize and have fun.

Choose which level you want to follow, and participants will earn points by completing the following:

Level I

- Exercise for 30 minutes or more
- Exercise Outdoors
- Exercise using a Park (City, County, or State)

Level II

- Exercise for 60 minutes or more
- Exercise Outdoors
- Exercise using a Park (City, County, or State)

How to Track Points

- Track your points daily at www.KansasHealthQuest.com or use the paper tracker.
- Be sure to record all points online by November 4, and your 5 HealthQuest credits will be automatically awarded.

www.KansasHealthQuest.com



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Use this form for convenient daily tracking, with the opportunity to earn 1 point for each of the following items, up to 3 points per day. Follow your progress by totaling up each week, and be sure to record all your entries online **by November 4, 2016.**

How to Track Points

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- Be sure to record all points online by November 4, and your 5 HealthQuest credits will be automatically awarded.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
	3 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	4 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	5 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	6 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	7 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	8 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	
9 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	10 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	11 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	12 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	13 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	14 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	15 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	
16 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	17 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	18 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	19 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	20 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	21 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	22 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	
23 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	24 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	25 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	26 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	27 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park	28 <input type="checkbox"/> Exercise <input type="checkbox"/> Outdoors <input type="checkbox"/> Used Park		

www.KansasHealthQuest.com

Total _____